



**FOR IMMEDIATE RELEASE**

**CONTACT:** Angie Castro, (626) 350-4500  
Mobile, (213) 703-2823

## **MOLINA ANNOUNCES COOLING CENTERS TO BEAT THE HEAT**

Triple digit temperatures are forecasted for the mountains and valleys  
this week with temperatures in the 90s in the Los Angeles basin

LOS ANGELES COUNTY (July 08, 2008)—Los Angeles County Supervisor Gloria Molina announced that due to the hot weather, county cooling centers will be available this week for seniors and those looking for a place to stay cool. Certain county parks, community centers, churches and partner agencies are serving as cooling centers. If a cooling center is not available during the evenings or weekends, the public is encouraged to visit public facilities such as libraries, shopping malls, and parks.

**WHAT:** County's Cooling Centers - [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov) or dial 2-1-1

**WHEN:** Normal business hours, Mon through Fri. Some open weekends, including County libraries

Sites Serving First District:

**Alhambra:** Joslyn Adult Recreation Center, 210 N. Chapel Ave, 91801, (626) 570-5056  
M-F: 8am-5pm

**Azusa:** Azusa Senior Center, 740 N. Dalton 91702, (626) 812-5204  
M-Th: 8:30am-4pm; Fri: 8:30am-1:30pm

**Claremont:** Blaisdell Senior Center, 440 S. College Ave, 91711, (909) 399-5367  
M-F: 10am-2pm

**Covina:** YWCA Intervale Senior Services, 943 N. Grand Ave, 91724, (626) 858-8382  
M-F: 8am-4:30pm

**El Monte:** Jack Crippen Multi-Purpose Senior Center, 3120 N. Tyler Ave, 91731, (626) 580-2210  
M-Th: 7am-5:30pm; Fri: 8am-3pm

**Hacienda Heights:** Steinmetz Senior Center, 1545 S. Stimson Ave. 91745, (626) 934-7041  
M-F: 8am-5pm

**East Los Angeles:** Centro Maravilla Service Ctr, 4716 E. Cesar Chavez Ave, 90022, (323) 260-2805  
M-F: 8am-5pm

—More—

Gloria Molina Announces Cooling Centers to Beat the Heat, p. 2

**East Los Angeles:** Salazar Senior Center, 3864 Whittier Blvd, 90023, (323) 260-2330  
M-F: 8am-2pm

**East Los Angeles:** East L.A. Service Center, 133 N. Sunol Dr. 90063, (323) 260-2801  
M-F: 8am-5pm

**East Los Angeles:** East L.A. Work Source Center, 5301 Whittier Blvd. 90022, (323) 887-7122  
M-F: 8am-5:30pm

**Florence/Firestone:** Florence/Firestone Service Center, 7807 S. Compton Ave, 90001, (323) 586-6502  
M-F: 8am-5pm

**Florence/Firestone:** Roosevelt Park Senior Center, 7600 Graham Ave, 90001, (323) 586-7228  
M-F: 8am-5pm

**Florence-Firestone:** Washington Park Gym, 8908 S. Mae Ave. 90002, (323) 586-7205  
M-F: 8am-5pm

**La Mirada:** La Mirada Activity Center, 13810 La Mirada Blvd, 90638, (562) 902-3160  
M-F: 8am-9pm; Sat: 9am-3pm

**Norwalk:** Norwalk Senior Center, 14040 San Antonio Dr, 90605, (562) 929-5580  
M-F: 8am-8pm; Sat: 8am-1pm

**Pico Rivera:** Pico Rivera Senior Center, 9200 Mines Ave. 90660, (562) 948-4844  
M-Th: 8am-5pm; Fri: 8am-3pm

**Pomona:** Palomares Park Senior Center, 499 East Arrow Hwy. 91769, (909) 620-2301  
M-F: 9am-3pm

**Rowland Heights:** Pathfinder Park, 18150 E. Pathfinder Rd, 91748, (562) 690-0933  
M-Sun: 9am-10pm

**South El Monte:** South El Monte Senior Center, 1556 Central Ave. 91733, (626) 448-0131  
M, Tu, Th, F: 7am-5:30pm; Wed: 7am-8:30pm

**Unincorporated Whittier:** Los Nietos Service Center, 11640 E. Slauson Ave. 90606, (562) 699-9898  
M-F: 8am-5pm

**City of Los Angeles:**

Boyle Heights Senior Center, 2839 East Third St, 90033, (323) 264-5757 - M-F: 9-5

El Sereno Senior Center, 4818 Klamath St, 90032 (323) 222-2040 - M-F: 8-4:30

Glassell Park Senior Center, 3750 Verdugo Rd, 90065 (323) 550-8809 - M-F 10 - 5

Highland Park Senior Center, 6152 N. Figueroa, 90042, (323) 256-6866 - M-F: 8-4:30

Lincoln Heights Senior Center, 2323 Workman St, 90031, (323) 225-9339 - M-F: 8-4:30

Lincoln Park Senior Center, 3501 Valley Blvd, 90031 (213) 847-1727 - M-F:

Montecito Heights Senior Center, 4545 Homer St, 90031 (213) 485-8550 - M-F: 9-5

St. Barnabas Senior Services, 5 South Carondolet St, Los Angeles CA 90057 (213) 388-4444 - M-F: 8-4

—More—

NOTE: Symptoms of dehydration and heat cramps include dizziness, fatigue, faintness, headaches, muscle cramps, and increased thirst. Severe symptoms such as diminished judgment, disorientation, pale and clammy skin, a rapid and weak pulse, and/or fast and shallow breathing may indicate heat exhaustion or impending heat stroke and requires immediate medical attention. The County's Department of Public Health tips for beating the heat:

Never leave children, elderly people, or pets unattended in closed vehicles even with windows cracked open.

Stay in an air-conditioned area during peak heat hours such as a mall, park, or library

Check on those in your neighborhood who have limited mobility – especially seniors

Wear light, loose fitting clothing with long sleeves and pants, sun screen, hat with wide brim

Drink water often

Avoid drinking alcohol – avoid alcohol

When in the sun, wear a hat, preferably with a wide brim

Don't exercise vigorously outside during the hottest hours of the day

Avoid unnecessary sun exposure

—End—